

## SAFETY BULLETIN

### SB01-021 WINTER SLIPS, TRIPS AND FALLS

August 2001 (Initial)

Winter weather brings the typical snow and cold problems. It is important for individuals to recognize the hazards of slippery walkways, stairs, roadways and parking lots. There are several things that can be done to reduce the risk of falling when slippery conditions exist. Here are some helpful hints:

1. Wear boots or overshoes with grip soles. Slick leather or plastic soles on shoes will definitely increase the risk of slipping.
2. Don't walk with your hands in your pockets. This reduces your ability to use your arms for balance if you slip.
3. Take short shuffling steps in very icy areas.
4. When walking, curl your toes under and walk as flat footed as possible.
5. Don't step on uneven surfaces. Avoid curbs with ice on them.
6. Place your full attention on walking. Digging in your pocketbook or backpack while walking on ice is dangerous.
7. Take your time getting out of vehicles. Turn to the side, putting both feet flat on the ground before getting up.
8. If a sidewalk looks slippery, walk on the grass for added traction.
9. Avoid carrying heavy loads. If you start to lose your balance, the weight will increase your chance of falling.
10. Use sand, kitty litter or salt mixture on steps, sidewalks and other outdoor areas where you need to walk.
11. When entering buildings, clean the bottom of your footwear and keep entranceway floors dry to avoid slipping or falling.

Snow and ice create slippery conditions. The best way to avoid a serious slip and fall this winter is to recognize hazardous conditions and take the proper precautions.